LUNCH RUSH
GET YOUR FILL OF COMFORT FOOD AT LUCY'S {page 14}

JUST FRIENDS?
RUMOURS SWIRL OVER KUNIS'S ROLE IN SPLIT {page 11}

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VANCOUVER metro®
Tuesday, March 15, 2011
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News worth sharing.

Clark sworn in as premier

- The provincial cabinet is reduced to 18 seats from 23
- Former finance minister Colin Hansen and former education minister Margaret MacDiarmid are left out
- A referendum on the HST will move up to June 24 from Sept. 24

DARRYL DYCK/THE CANADIAN PRESS

▶ Premier Christy Clark is sworn in by Lt.-Gov. Steven Point at Government House in Victoria yesterday.

The province's new premier, Christy Clark, took the oath of office in Victoria yesterday and unveiled a pared-down cabinet, announcing plans to follow a prudent financial course and promising to "engage citizens in decision-making as never before."

"Our government will be open to the people of British Columbia," Clark said. "And we will explain why we make the decisions that we do."

Her new cabinet includes former health minister Kevin Falcon, who is now deputy premier and finance minister.

Shirley Bond becomes solicitor general and Mike de Jong, who Clark defeated last month in the leadership race, is the new health minister. **THE CANADIAN PRESS**

Disaster

Japanese plant hit by 3rd blast

- Workers scramble to hold back radiation
- Nearby residents told to stay indoors
- Death toll surpasses 2,000 as bodies come ashore {page 4}

Bublé grants final wish

Crooner sings to fan dying of cancer via video {page 3}

Canucks hold off Wild

Vancouver hits 100-point mark with 4-2 win {page 16}

Take care of your smile

Healthy teeth mean a healthier you {page 12}

KERRY SANDOMIRSKY, TOM SCHOLTE, ANNA GALVIN. PHOTO BY EMILY COOPER

the Philanderer
By George Bernard Shaw
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News in brief

Arsonist pleads guilty

TACO DEL MAR. The man accused of setting fire to a West Broadway Taco Del Mar three years ago pleaded guilty to arson charges yesterday. Kamaljeet Singh Josan, from Surrey, will be sentenced in June.

NATALIE KAUR JOHAL

Sex workers' rights argued

SECURITY BREACH. Local experts were granted joint-intervener status yesterday in a landmark sex-work case in Ontario. The B.C. Centre for Excellence in HIV/AIDS will testify against the federal government, arguing that Criminal Code provisions force sex workers into danger and breach their charter right to security.

NATALIE KAUR JOHAL

Win tickets to see Whitecaps

SOCCER. Want to be part of the Vancouver Whitecaps first MLS game Saturday? Head to our ALL CAPS blog at metronews.ca/vancouver for your chance to win tickets to the season opener against Toronto FC at Empire Field on Saturday. The deadline for submissions is tomorrow at 8 a.m.

MATT KIELTKYA

Woman hit by garbage truck

FATALITY. A 79-year-old woman has died after being hit by a garbage truck while crossing Grandview Highway near Renfrew Street early yesterday morning.

PHYLICIA TORREVILLAS

KATIE TURNER/FOR METRO

▶ Lee Horbachewski watches a video of Burnaby crooner Michael Bublé singing to her best friend Sandra, who is dying of cancer.

Bublé gives musical gift to dying fan

Calgary woman receives personal video from Michael Bublé, whose music helps her relax Singer recorded video in Hong Kong moments before show

KATIE TURNER
VANCOUVER@METRONEWS.CA

Lee Horbachewski said she'd do whatever it took — no matter how long it took — to grant her dying best friend her final wish: to have Burnaby crooner Michael Bublé sing for her.

As it turns out, it only took one day.

Horbachewski's friend Sandra, 44, was diagnosed with brain cancer in November and her condition has quickly deteriorated.

In January, Horbachewski asked Sandra what she wanted before she died.

"One thing that she was very clear about, she said, 'I'd love Michael Bublé to sing to me,'" Horbachewski said.

"I just got in the car and I said, 'That's it. I'm doing whatever it takes.'"

From noon until 1 a.m., Horbachewski sent emails and made calls asking for help. Less than 24 hours later, her phone rang.

"When she said it's Jo from Michael Bublé's team, I just burst into tears," said Horbachewski.

Bublé had sent a video message to Sandra singing her a song and wishing her well.

"She can't speak or anything but ... you could see her eyes were wide open," said Horbachewski. "It's something that will be etched in my heart forever."

1 news

How do stars "unknowingly" perform for dictators? An agent explains. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small on why North American markets have been able to withstand volatility around the world. More at metronews.ca/investing

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Nuclear crisis worsens as radiation leaks

Japan warns people to stay indoors to avoid becoming sick Death toll from earthquake, tsunami rising

Radiation spewed early today from a crippled nuclear power plant in tsunami-ravaged northeastern Japan in a dramatic escalation of the four-day-old catastrophe, forcing the government to tell people nearby to stay indoors to avoid exposure.

In a nationally televised statement, Prime Minister Naoto Kan said radiation has spread from four reactors of the Fukushima Daiichi nuclear plant in Fukushima province that was one of the hardest-hit in Friday's 9.0-magnitude earthquake and the ensuing tsunami.

"The level seems very high, and there is still a very high risk of more radiation coming out," Kan said.

This is the worst nuclear crisis Japan has faced since the atomic bombing of Hiroshima and Nagasaki during the Second World War. Kan warned there are dangers of more leaks and told people living within 30 kilometres of the complex to stay indoors to avoid radiation sickness.

Chief Cabinet Secretary Yukio Edano said a fourth reactor at the complex was on fire and more radiation had been released.

"Please close windows and make your homes airtight."

THE ASSOCIATED PRESS

Fear at home

British Columbians spooked by Japan's nuclear crisis are rushing to pharmacies.

- **Residents** are hoping to boost immunity to any potential radiation drift.
- **Government** health officials insist no health risks exist and are urging people not to stockpile potassium iodide.
- **Health Officer** Dr. Perry Kendall said yesterday any radiation would have dispersed into the atmosphere by the time winds carried nuclear particles across the Pacific.

Drive. In

▶ A truck is seen yesterday after it crashed into a house in Southeast Placentia, N.L.

THE CANADIAN PRESS/RCMP HANDOUT

An unwelcome house guest

A man has been charged in Newfoundland after an out-of-control pickup truck careened into a house, coming to a stop inside the kitchen. RCMP say two adults and three children were in other areas of the home in Southeast Placentia when the truck came crashing through on Sunday night. No one was hurt.

Mounties probe interference

The federal government has called in the RCMP to investigate political interference by a Conservative staffer in an access-to-information request.

Sebastien Togneri worked for Christian Paradis. THE CANADIAN PRESS

Indian navy arrests pirates in fire fight

Five dozen pirates living on a hijacked ship serving as a roving pirate base jumped into the Arabian Sea yesterday after the Indian navy fired on the vessel in self-defence, the navy said.

The navy captured 61 pirates fleeing the battle and the fire that broke out aboard the hijacked vessel. The battle is the latest example of the piracy trade's turn toward increased violence.

A pirate in Somalia threatened Indian sailors and the government with targeted attacks in retaliation for the arrests.

The Indian navy said a patrol aircraft spotted the mothership Friday while responding to another vessel reporting a pirate attack. The pirates aborted the hijacking attempt and tried to escape on the mothership.

When the Indian ships closed in Sunday night, the pirates fired on them. The hijacked vessel caught fire when the Indian navy returned fire, the navy said.

The pirates had hijacked the Mozambique-flagged Vega 5 in December. Indian sailors rescued 13 crew members from the Vega 5 Sunday night about 1,100 kilometres off Kochi in southern India. THE ASSOCIATED PRESS

Pirate justice

Five Somali men convicted of piracy for attacking a U.S. navy ship off of Africa's coast have been sentenced to life in prison in the U.S.

ALL NEW EPISODE
RICK MERCER REPORT
This week, Rick takes "Big Becky" for a ride as he joins the crew of the Niagara Tunnel Project in Niagara Falls.
cbc.ca/mercerreport
Tonight at 8/8:30NT
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WEALTH WATCH

Net worth inches up

Canadians' net worth rose 2.2 per cent in the last three months of 2010 thanks to a rebound in stock markets, Statistics Canada says. Still, the five to six per cent annual growth rate is below the near 10 per cent annual gains pre-recession.

Household net worth reached $181,700 per capita, while Canadians' collective net worth totalled $6.2 trillion at the end of 2010.

But Statistics Canada noted that the ratio of household debt to disposable income is a record 149 per cent, which could prove difficult to service if interest rates rise. THE CANADIAN PRESS

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
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Oil	Natural gas
+ 3¢ US ($101.19 US)	1,000 cu ft $3.951 US (+ 6.2¢ US)

Gold contracts $1,424.90 US (+ $3.10 US)

Uranium stocks hit as nuclear fears spread

SEAN GALLUP/GETTY IMAGES

▶ Anti-nuclear activists demonstrate yesterday at the Chancellory in Berlin, in reaction to the dramatic situation at the Fukushima nuclear plant in Japan. Analysts say that, in the long term, demand for nuclear energy — and Canadian-mined uranium — is unlikely to subside.

Drop in share price 'driven by emotion': Cameco CEO Jerry Grandey

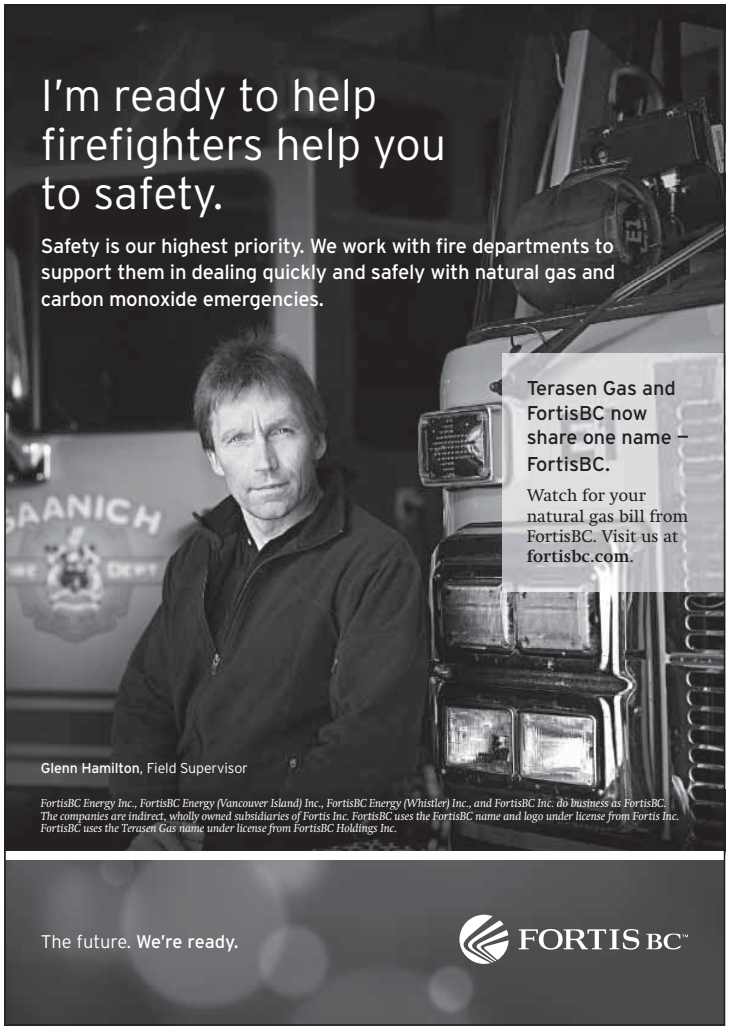
The world's largest uranium miner sought to allay concerns over the future of the global nuclear industry yesterday as trouble continued at a Japanese power plant damaged in last week's earthquake.

Cameco's shares took a beating on the Toronto Stock Exchange, tumbling nearly 13 per cent to close at $31.70. It wasn't alone: Uranium One fell nearly 28 per cent and Denison Mines Corp. more than 22 per cent.

But even as Switzerland and Germany put the brakes on their nuclear programs, observers said China, India and Japan will likely continue to build nuclear plants, which means the uranium stock drops could be a buying opportunity for investors who believe the world's nuclear energy demand will support the industry long-term.

"We at Cameco don't see a dramatic effect on the fundamentals of our uranium business."
JERRY GRANDEY, CAMECO CORP. CEO

As for the wider impact of the Japanese disaster, analysts predicted it will have little effect on the Canadian economy. In the long view, both global and Japanese gross domestic product will likely get a boost from the massive rebuilding effort, economists said, which means Canadian exporters of copper, oil, lumber and other materials stand to benefit.
THE CANADIAN PRESS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APPOINTMENT FATIGUE OVERWHELMING

She says ...

JESSICA NAPIER

For the period of time between the end of university and landing a real job I didn't have any health insurance. So I did what every unpaid intern does — I stopped going to the doctor, the dentist and every other medical professional in an attempt to save money.

When those benefits finally kicked in I started to take advantage in a big way. With the promise of financial reimbursement I began filling up my lunch hours, evenings and even weekends with a long list of appointments. I didn't just schedule an annual checkup — I enlisted a diverse team of medical experts to poke, prod and examine every inch of me.

For more than a year I was under the impression there was nothing wrong with me.

Now, there are an endless number of reasons to visit doctors, dentists, naturopaths (because maybe Western medicine doesn't have all the answers) and a whole range of specialists.

All of these appointments have to be painstakingly organized in my BlackBerry and colour coded in an agenda (yes, that near obsolete thing with paper pages) just in case my digital calendar malfunctions. My time management skills may be improving but I'm starting to develop serious appointment fatigue.

Even my efforts to improve my own health — the high-intensity spinning classes, the backbreaking boot camp — necessitate more medical intervention. I have to recruit chiropractors and physiotherapists just to fix the damage I'm doing to myself.

My strict schedule of self-improvement has left me feeling overbooked and overwhelmed. Now, even the fun activities — an occasional manicure, a day at the spa — have come to feel more like chores.

I have become my own Tiger Mom.

It seems the more I focus on taking care of myself, the more anxiety I feel.

And I know I'm not the only one.

The pressure to push ourselves toward perfection means there is always something more we can be doing and, as a result, we're scheduling ourselves to the point of exhaustion.

But taking care of yourself shouldn't feel like a full-time job. Claiming every penny of my insurance plan just because I can might actually be more unhealthy than skipping out on that annual checkup.

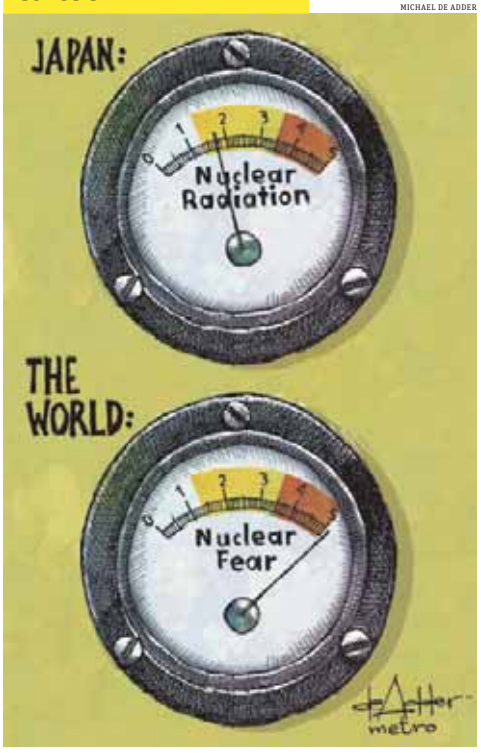
So I'm done with my tyrannical timetable for now — the only appointment left in my agenda is with an accountant.

Because you can always avoid the dentist but you can never, ever avoid your taxes.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Turning to web for news

Worth mentioning

The rapid growth of smartphones and electronic tablets is making the Internet the destination of choice for consumers looking for news, a report released yesterday said.

Local, network and cable television news, newspapers, radio and magazines all lost audience last year, according to the Project for Excellence in Journalism, a U.S. research organization that evaluates and studies the performance of the press. News consumption online increased 17 per cent last year from the year before, the project said in its eighth annual State Of The News Media survey.

The percentage of people who say they get news online at least three times a week surpassed newspapers for the first time. It was second only to local TV news as the most popular news platform and seems poised to pass that medium, too, project director Tom Rosenstiel said. Local TV news has been the most popular format since the 1960s, when its growth was largely responsible for the death of afternoon newspapers, he said.

People are just becoming accustomed to having the Internet available in their pockets on phones or small tablets, he said.

THE ASSOCIATED PRESS

Close at hand

THE ASSOCIATED PRESS FILE

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Metro Minute with Burning In

Gateway Theatre presents Burning In, a poetic story about the lives of two people bound by a single click of a camera, playing today in Richmond.

An iconic photograph is taken of a reporter in a war-torn country cradling a boy whose parents have just been killed.

Written by Natalie Meisner and directed by Natasha Nadir, Burning In looks at both people's lives 10 years later — a now-famous war correspondent battling personal trauma and a young man dealing with his own demons.

Catch Burning In at 2 p.m. and 8 p.m. at 6500 Gilbert Rd.

For tickets, visit gatewaytheatre.com or call the box office at 604-270-1812.

PHYLICIA TORREVILLAS

COURTESY OF SHERRY ELASOFF

▶ Dawn Petten plays the reporter-turned-famous war correspondent facing a recent trauma in Burning In, playing today at Gateway Theatre in Richmond.

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2 scene

From Wisteria Lane to neurosurgeon

FRAZER HARRISON/GETTY IMAGES

▶ Dana Delany stars in the new ABC show Body of Proof, which premieres March 29.

Dana Delany takes the lead in new TV series Body of Proof Like her character, the actress had an accident where she injured her hands

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

After three years of doing domestic battle with five other female leads on Desperate Housewives, Dana Delany is taking the lead in Body of Proof. Delany plays Megan Hunt, a brilliant neurosurgeon who turns to forensics after a car accident impairs the use of her hands.

How did this project come to you?

It kind of came out of the blue. I was, you know, very happily on Desperate Housewives, and I got a call from the head of ABC saying, "We've enjoyed having you on Housewives but we don't know how much longer you're going to be on the show." And then he said, "But we have this other show we'd like you to think about." And I was kind of taken aback, but I'm not stupid. I saw the handwriting on the wall, so I thought, All right. Why not? Why not try it?

Is it true you have a strange connection to your character on this show?

I had a car accident right before we started shooting that was almost exactly like the show. It was a week before we started shooting. I was hit by a bus, and I had a concussion, and I broke two fingers. The bus driver asked me for my autograph after she hit me.

Did you give it to her?

No. (laughs) This is what she said. She said, "Didn't you see me coming?" I said, "Yeah, I saw you coming. You're a bus. I thought you were stopping." And she said, "I know who you are. Could I have your autograph?" (laughs)

How else do you relate to your character?

In terms of being driven and work-oriented, I kind of relate to that. I mean, my whole life, I've loved to act. That's pretty much all I've done. I've never been married. I think it's really hard to have a balance there. And so I can certainly relate to that role of the character. And I was exhausted by the time we got home at night, so yeah.

You met with a real female neurosurgeon for research. What was her impression of the show?

She said it was really spot-on, because to be a female neurosurgeon at my age would have been almost impossible. You could not really have a life except for that. And she said that she could not get into any medical school because she wanted to be a neurosurgeon. They said, "But you're going to want to get married and have kids, and you're not going to follow through. So we're not going to take you in." Finally she got one guy to write her a recommendation saying, "OK, she's smart. She's passed everything. I'll write it, but she is a woman." You know, it's all this "But she is a woman" kind of thing.

Scene in brief

Bryan Adams has confirmed that he's going to be a dad at 51. Yesterday, Adams posted on his Twitter account that a report out of the U.K. is "sort of correct (except for the 'friend' bit)." The Telegraph newspaper reported Sunday that Adams and his personal assistant Alicia Grimaldi are expecting a baby in May. Adams also tweeted out thanks for the "kind wishes" he's received.
THE CANADIAN PRESS

Survivor star Hatch presents himself to begin 9-month prison term

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Did Mila Kunis play a role in Justin's split?

After many years as an item, Timberlake and Jessica Biel recently ended their relationship

ETHAN MILLER/GETTY IMAGES

Mila Kunis

Some insiders have suggested Mila Kunis played a role in the recent split of Justin Timberlake and Jessica Biel. But the Black Swan actress is blameless in this one, according to People magazine. "Mila had nothing to do with their breakup. In fact, no one came between them. They decided their relationship ran its course, and it was time to move on," a source says, adding that Timberlake and Kunis are "not in a relationship. They star in a movie called Friends with Benefits, but they're just friends. That's it. METRO

Talking points

Sheen absent from twins' birthday party

RESTRAINING ORDER. Charlie Sheen's twin sons, Max and Bob, celebrated their second birthday over the weekend with a lavish party — but without their dad, according to Us Weekly. Sheen is currently locked in a nasty custody battle with the twins' mom, Brooke Mueller, who has a restraining order out against the troubled former Two and Half Men star. METRO

Is Paris Hilton domesticated?

BROODY. Paris Hilton may finally be ready to settle down with her current boyfriend, nightclub owner Cy Waits, according to Hollyscoop. "I feel broody sometimes," Paris says of the idea of starting a family with Waits. "I'd love kids in the future. Cy's the best boyfriend I've ever had." And despite them both being arrested in Las Vegas last fall, Hilton seems much more domesticated with Waits. METRO.

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Cuba	89.9	Pakistan	5.9	U.K.	2.9
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3 life

Healthy TEETH, healthy YOU

Extend your life by 10 years by simply brushing your teeth

CELIA MILNE
LIFE@METRONEWS.CA

Don't get down in the mouth.

Caring for your teeth and gums is as important to your overall health as exercising, not smoking and not overeating. If you are pregnant, it could even prevent pre-term birth.

"You can't have good overall health without good oral health," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry and director of the International Centre for Oral-Systemic Health in Winnipeg.

When you don't brush and floss properly, the biofilm (a layer of protein) on the teeth becomes loaded with bacteria.

The bacteria accumulates on the teeth and causes swelling and destruction of gum tissue. Once that inflammation develops, it's not limited to the mouth. It contributes to whole body inflammation because the oral bacteria and molecules involved in swelling enter your blood stream.

This chronic inflammation in the body can make illnesses such as diabetes, atherosclerosis, heart disease, arthritis and colds worse, says Iacopino. It can also raise the risk in pregnant women that they will have premature labour or a low-birth-weight baby.

He suggests brushing and flossing twice a day (morning and night). Even rinsing with mouthwash is better than nothing. "Poor oral health has been linked to serious systemic diseases and poor quality of life as one gets older. For best health and enjoyment of life, pay attention to your oral health and make sure you do not have inflammation around your teeth." Common signs of oral problems are bleeding, loose teeth and constant bad breath. Iacopino suggests most people visit a dental professional for cleanings every six months. High-risk people — people with heart disease, diabetes or pregnant women — should visit the dental office more often.

Need more reason to take care of your mouth? Iacopino says, "Brushing and flossing have been linked to a 10-year increase in life expectancy."

Did you know?

The best time to brush your teeth is about an hour after eating.

After we eat, bacteria on the teeth make acid from the sugars in the food. The saliva has a natural ability to remineralize the teeth after this acid attack.

Waiting an hour after eating until you brush your teeth gives your saliva a chance to do its job of rebuilding tooth enamel.

CELIA MILNE

Study suggests lower stroke risk in women who drink at least a cup of java a day

PREGNANT? RINSE YOUR MOUTH

A new study done in Pennsylvania has found that pregnant women who rinse with mouthwash have a lower risk of giving birth earlier than those who don't.

Other studies have found a link between gum disease and pre-term birth.

"For pregnant women who can't brush or floss their teeth as much as they'd like to, something as simple as using an antimicrobial mouthwash once a day can significantly reduce the chances of adverse pregnancy outcomes (premature labour or low birth weight)," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry.

CELIA MILNE

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Yogalicious muscle building

DAILY SQUEEZE

ASIA NELSON
ASIA NELSON IS A CERTIFIED ADVANCED YOGA INSTRUCTOR AND DIRECTOR OF PRANALIFE YOGA IN KITCHENER, ONTARIO. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Many clients often ask me how to build the upper body strength required in Ashtanga and other yoga styles. My first reply is that of yoga guru Sri K. Pattabhi Jois: "Practice, practice, all is coming." In other words, just doing yoga will give you the strength to do more yoga. That being said, here are two specific exercises to strengthen your upper body and core

Walk-out plank
Begin in regular plank pose on hands and toes with your body in a straight line, hands rooted under the shoulders, tailbone reaching for your heels and strong legs.

GETTY IMAGES

Once you can hold plank for 45 seconds with even breath, you're ready. Start changing the posture by inching your hands forward, keeping your core lifted and legs strong. Eventually you want your body to come within inches of the floor with arms almost straight out in front of you.

Try not to rush and maintain a sense of control as you move forward. Stay at your edge for at least two even breaths before trying to go further.

Dolphin pushups
Come to your hands and knees, then place your elbows on the floor directly under your shoulders and interlace your fingers. Lift your hips up, using your thigh strength to press the thigh bones back. (Like you're in a Down Dog, but on your forearms.)

When you can easily hold this position for five to 10 breaths, stop timing the pose and begin the pushups. On your exhale, draw your chin toward the floor in front of your interlaced fingers and on your inhale use your core and leg strength to come back to the original position.

Start with just a few pushups and build up to ten. **VISIT DAILYSQUEEZE.CA.**

WHAT ARE YOUR TOP 10 THINGS TO DO IN THE DARK?
Take the Metro Life Panel survey March 18!
With Earth Hour coming up, the Metro Life Panel team wants to know what are YOUR Top 10 things to do in the dark!
Results will be published in the Earth Hour Special Feature in Metro on March 25.
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LUNCH RUSH

ERIN IRELAND
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Peanut butter was the one edible indulgence yet to bewitch my palate. Somehow, I remained immune to its thick, sweet and salty wiles.

A milkshake from Lucy's Eastside Diner ($6.50) changed all that. One sip of its rich, frosty beverage had me.

Since opening a mere five months ago, Vancouver's newest 24-hour diner — specializing in Southern breakies, heartening burgers and a variety of aforementioned dessert drinks — has quickly become one of the city's top spots for late night nosh.

The herbed goat cheese delicately placed atop my cumin-scented, pleasantly grainy chickpea and black bean-packed patty was soft, warm and easily spreadable. Finely chopped hot peppers added a faint warmth to each mouthful's aftertaste. Added avocado (a no-brainer if ever offered) deepened the moistness of the sandwich, built on a soft, mayo-lathered bun.

This entire lunch combo ($10) could be one of the best deals in town.

Lucy's Eastside Diner
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lucyseastsidediner.com
Hours: 24 hours a day
Rating: 3.5 out of 5

CATFISHINSTITUTE.CA

Bronzed Catfish

EMILY RICHARDS
FOOD@METRONEWS.CA

Looking to add spice to a weeknight meal? Try catfish and enjoy the flavours of the South.

Preparation:

1. In a small bowl, combine paprika, oregano, thyme, onion and garlic powder, salt, black and cayenne peppers. Sprinkle both sides of fish with spice mixture, patting into fillets.
2. In skillet, heat oil and butter over medium-high heat. When it begins to bubble, add fillets. Cook for 4 minutes per side or until fish flakes with a fork.
3. Serve each fillet with a wedge of lemon for squeezing over top.

CATFISHINSTITUTE.CA

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 2 tsp (10 mL) each paprika, dried oregano and thyme leaves
- ½ tsp (2 mL) each onion powder and garlic powder and salt
- ¼ tsp (1 mL) black pepper
- Pinch cayenne pepper
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tsp (10 mL) olive oil
- 1 tsp (5 mL) butter
- 4 lemon wedges

World Vision

Japan devastated by quake and tsunami

AP Photo/Kyodo News

World Vision needs your help to provide immediate humanitarian relief to the children and families of Japan.

On Friday, north-eastern Japan was struck by a 9.0 magnitude earthquake – one of the most powerful earthquakes in recorded history – triggering a powerful tsunami. Thousands have lost their lives and entire towns have been washed away.

Children urgently need your help.

More than 200,000 children and families have been displaced. Children are spending bitterly cold nights in the open without food or water.

World Vision is there.

At this moment, our staff is on the ground, working to ensure that relief gets to those who need it most. Additional disaster response experts are on their way to assist in assessing and responding to the most urgent needs.

Please act now to protect lives!

To rush emergency supplies to the children and families of Japan who desperately need help now, call **1 800 654-2650** or donate now at **worldvision.ca**.

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World Vision is a Christian relief, development and advocacy organization dedicated to working with children, families and communities to overcome poverty and injustice. We serve all people regardless of religion, race, ethnicity or gender.

Donate now. Call 1 800 654-2650 or visit worldvision.ca

Creative investing 101

Consider emerging markets when investing

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Perhaps you'd like to participate in the economic juggernaut of China.

You might also be feeling the siren call of India and the hard charging South Korea. And what about Latin America, which may be the next stock market big thing?

The problem investors face is wading through tens of thousands of stocks, ETFs and mutual funds in order to pick investments in those far flung places.

There is a better way. Take advantage of the strong loonie and don't stray from the United States.

Think of it as investing the way Arnold Swartzeneggar went on holiday in the movie Total Recall. He plugged into a machine that transported him around the galaxy. You can do more or less the same thing with your investments.

Here's an interesting stat: Over 40 per cent of the revenue generated by companies in the S&P 500 Index comes from outside the United States.

According to RBC analyst Rajan Bansi, YUM, which operates the KFC brand in China, gleans roughly one-third of its revenues from that country alone.

Bansi also points out that McDonald's, long a global presence, earns over 50 per cent of its revenues outside the United States and Coke clocks in at 70 per cent.

You don't need to focus just on food and drink to get global exposure with U.S. companies.

Colgate-Palmolive, that staple of conservative investors, generates over 50 per cent of its revenues in countries other than the U.S.

An advantage to global investing through North America is that most of the large companies doing business around the globe also pay good dividends, which have proven to be quite stable over time.

Here's another benefit to investing globally this way. If you have concerns that the U.S. is still a long way from any kind of sustained recovery, companies with a large percentage of revenues generated elsewhere will be less vulnerable to any continued flatness or further decline in our southern neighbour's fortunes.

ISTOCK

▶ When doling out your dough it pays to think globally.

Alison's Money Rule:
You can invest globally without leaving North America.

Money matters

Projected 2011 Gross Domestic Product Growth Rates

U.S.	2.6%
India	8.3%
China	9.6%

LITERALLY LOVE AT FIRST SIGHT

Names:
Julien, 20, and Ashley, 21
Hometown:
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Together since:
2007

Their story:

SUBMITTED

▶ Julien & Ashley

I (Ashley) met Julien in Fredericton where we were both living at the time. I actually met him through a friend who had recently ended a short relationship with him (they decided it would be best to just be friends).

At the time, I was looking for a photographer to do some headshots, and my friend suggested Julien.

I loved his work and immediately set a date for the shoot. That day, I met him outside of a '50s diner, and it literally felt like love at first sight, as cheesy as that sounds!

My friend (a.k.a. his ex) joined us for the photo shoot, and Julien and I kept flirting when she wasn't looking.

But later that night, my friend admitted she still had feelings for him. I felt terrible!

But the more all three of us hung out together, the more she saw that he really liked me — and she realized she didn't like him "like that" anymore. One night, Julien and I chatted till 4 a.m., talking in a sort of code about how we really liked one other. But he finally asked me straight out if I would be his girlfriend. I said yes and we've been together ever since!

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GEOFF HOWE/THE CANADIAN PRESS

▶ Canucks goalie Roberto Luongo watches the puck sail wide of his net last night.

Raffi Torres provided a quick start and the power play did the rest last night as the streaking Vancouver Canucks defeated the Minnesota Wild 4-2 for their sixth straight win.

Torres scored on the Canucks' second shot of the game while Daniel Sedin and Ryan Kesler had power-play goals to stake Vancouver to a 3-0 lead.

Kesler scored his career-high 36th goal of the season into an empty net with 3.4 seconds remaining.

It was Vancouver's first home game after sweeping a five-game road trip.

4	2
CANUCKS	WILD

Andrew Brunette ended Minnesota's goal drought at two hours 37 minutes and seven seconds by beating netminder Roberto Luongo late in the second period.

Mikko Koivu also scored for the Wild, coming into Vancouver after a pair of 4-0 losses.

Vancouver is 10 points clear of Philadelphia for the overall NHL lead and 11 points ahead of Detroit for top spot in the Western Conference.

The Wild lost their third consecutive game to drop to 35-28-7 and remain four points out of a playoff spot in the tightly contested West.

It was also Minnesota's sixth straight loss at Rogers Arena.

THE CANADIAN PRESS

Salo leaves game

Vancouver's victory didn't come without a price.

- **Defenceman Sami Salo** suffered an undisclosed injury and did not return after being hit by a Kyle Brodziak shot late in the first period.
- **Vancouver's radio** play-by-play reported that he injured his elbow.
- **The oft-injured** Salo missed the first 55 games after severing an Achilles tendon playing floorball during off-season conditioning in his native Finland.

Quoted

"I felt good. A little rusty in some spots, but it felt good to be out there contributing in a positive way."

OKLAHOMA CITY THUNDER CENTRE KENDRICK PERKINS, WHO STARTED IN HIS FIRST GAME SINCE A DEADLINE TRADE FROM THE BOSTON CELTICS. HE HAD SIX POINTS AND NINE REBOUNDS IN 20 MINUTES OF PLAY AFTER MISSING NINE GAMES WITH A SPRAINED LEFT KNEE.

Scan code for more sports

Strikeforce joins UFC stable

250

Strikeforce CEO Scott Coker says the San Jose-based promotion has around 140 fighters under contract. The UFC has more than 250.

The UFC has added 140 more fighting recruits in its battle to go global.

Yesterday, UFC officials painted their purchase of Strikeforce as a bid to help meet the growing worldwide demand for mixed martial arts rather than swallow up another rival promoter as it did previously with Pride, World Fighting Alliance and World Extreme Cagefighting.

UFC co-owner Lorenzo Fertitta said the UFC wants a larger presence in places like Europe, Asia and Australia.

"The U.K.'s a perfect example. Going to London one time a year, we're kind of shortchanging that market," Fertitta told a media conference call. "We're working on the ability there to have a stronger presence in a meaningful way, up to eight, nine, 10 times a year."

Strikeforce is the No. 2 MMA promoter in North America behind the UFC.

THE CANADIAN PRESS

Crosby back on ice for light skate

Penguins centre Sidney Crosby returned to the ice yesterday for the first time since missing 29 games with a concussion. But if you're looking for the Pittsburgh captain's return date, it's still anyone's guess.

"I have no clue," Crosby said. "I just want to get better. This is part of the way to do that. I'm just kind of taking that step and seeing how it goes."

Crosby, who last played on Jan. 5 in an 8-1 win over Tampa Bay, practised in full gear for about 15 minutes at the Consol Energy Center. It was a light workout with a skating drill around some cones, and a few shots on net.

"I've had some good days here the last few, and I was able to get on a bike and exercise a bit. I didn't have any symptoms doing that," he said. "I was given the opportunity to skate, the doctors said I could give it a try and see how I feel."

The Penguins, without Crosby and injured forward Evgeni Malkin (knee), have stayed afloat in the Eastern Conference playoff race. They sit just three points behind first-place Philadelphia.

Crosby also weighed in on the general managers' meeting underway in Florida. The GMs, under pressure to address headshots in the league, announced a new protocol yesterday.

"There's obviously got to be some clarity," said Crosby.

"Everything's got to be looked at. It's a pretty fast game. There may be times when guys maybe don't (aim) for the head but come into contact with the head. What do you do in that situation?" THE ASSOCIATED PRESS

In the plan

Gary Bettman's plan to address concussions:

- Players displaying symptoms will be given a baseline test by a doctor in a quiet location before returning to the ice.
- Fines will be issued against teams and coaches with players who rack up a high number of suspensions.
- Safety engineers will ensure all NHL arenas conform to standards, including the elimination of seamless glass by next season.
- League executive Brendan Shanahan will work with the NHLPA to expedite equipment modifications.
- A special committee will look at the concussion issue.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	68	42	19	4	3	219	182	91	21-10-2-2	21-9-2-1	4-4-2-0	L1
d-Washington	70	40	20	5	5	189	171	90	22-8-2-5	18-12-3-0	9-1-0-0	W8
d-Boston	68	38	21	4	5	205	164	85	16-12-3-2	22-9-1-3	6-3-1-0	L4
Pittsburgh	70	40	22	5	3	201	171	88	22-12-2-0	18-10-3-3	4-3-3-0	W1
Tampa Bay	70	39	22	4	5	210	211	87	22-9-1-4	17-13-3-1	4-4-1-1	W1
Montreal	69	38	24	4	3	184	172	83	21-8-3-3	17-16-1-0	7-3-0-0	W1
Buffalo	69	34	27	7	1	203	201	76	15-15-2-1	19-12-5-0	6-2-1-1	W1
NY Rangers	70	36	30	2	2	198	171	76	15-17-1-2	21-13-1-0	5-5-0-0	W1
Carolina	69	31	28	5	5	196	209	72	18-11-2-2	13-17-3-3	3-5-1-1	L4
Atlanta	69	29	28	5	7	194	222	70	14-14-2-5	15-14-3-2	4-4-1-1	W1
Toronto	70	30	30	5	5	184	218	70	16-14-3-4	14-16-2-1	4-3-2-1	L1
New Jersey	68	32	32	3	1	146	174	68	16-14-2-1	16-18-0-1	8-2-0-0	W2
Florida	69	28	32	5	4	173	191	65	14-14-5-3	14-18-0-1	3-5-2-0	W1
NY Islanders	70	27	32	6	5	194	220	65	16-15-1-4	11-17-5-1	4-2-3-1	L1
Ottawa	69	25	35	5	4	157	215	59	11-18-2-3	14-17-3-1	6-4-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	71	46	16	4	5	233	167	101	24-7-1-4	22-9-3-1	8-2-0-0	W6
d-Detroit	69	41	20	5	3	227	199	90	18-11-3-2	23-9-2-1	4-4-1-1	W2
d-San Jose	70	39	23	4	4	197	183	86	18-11-2-3	21-12-2-1	5-3-0-2	L3
Chicago	70	38	24	3	5	232	197	84	22-14-0-0	16-10-4-4	7-1-1-1	W1
Los Angeles	69	39	25	3	2	192	168	83	20-11-2-0	19-14-1-2	7-2-1-0	W3
Phoenix	70	36	23	7	4	202	200	83	17-11-4-2	19-12-3-2	4-4-1-1	W2
Dallas	69	37	24	3	5	193	193	82	19-10-2-4	18-14-1-1	5-3-2-0	L1
Calgary	71	36	26	3	6	214	203	81	21-11-1-3	15-15-2-3	5-4-0-1	L2
Nashville	69	35	24	6	4	177	161	80	17-7-4-3	18-18-1-1	4-4-1-1	W2
Anaheim	69	37	27	3	2	195	202	79	21-12-1-1	16-15-2-1	5-4-1-0	L1
Minnesota	70	35	28	2	5	178	188	77	17-13-1-3	18-15-1-2	3-6-1-0	L3
Columbus	68	32	27	4	5	188	206	73	16-14-1-2	16-13-3-3	3-4-1-2	W1
St. Louis	69	30	30	4	5	193	207	71	20-12-1-3	11-17-3-2	4-6-0-0	L1
Colorado	68	26	34	7	1	191	239	60	14-17-4-0	12-17-3-1	1-8-0-1	L8
Edmonton	70	23	38	2	7	172	231	55	12-19-1-3	11-19-2-3	4-5-1-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Tampa Bay 6 Toronto 2
Chicago 6 San Jose 3
Vancouver 4 Minnesota 2
Sunday's results
Buffalo 6 Ottawa 4
Pittsburgh 5 Edmonton 1
Phoenix 5 Anaheim 2
Los Angeles 3 Dallas 2
Washington 4 Chicago 3 (OT)
Tonight's games
All times Eastern
Atlanta at New Jersey, 7 p.m.
N.Y. Islanders at N.Y. Rangers, 7 p.m.
Boston at Columbus, 7 p.m.
Washington at Montreal, 7 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Philadelphia at Florida, 7:30 p.m.
Carolina at Buffalo, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Phoenix at Calgary, 9:30 p.m.
Tomorrow's games
Toronto at Carolina, 7 p.m.
Washington at Detroit, 7 p.m.
Colorado at Vancouver, 10 p.m.
St. Louis at Anaheim, 10 p.m.

WILD 2, CANUCKS 4

First Period
1. Vancouver, Torres 14 (Malhotra, Hansen) 1:59
2. Vancouver, D.Sedin 38 (Samuelsson, H.Sedin) 8:28 (pp)
3. Vancouver, Kesler 35 (Samuelsson, Ehrhoff) 14:32 (pp)
Penalties — Stoner Minn (interference) 8:22, Stoner Minn (cross-checking) 13:22.
Second Period
4. Minnesota, Brunette 17 (M.Koivu, Stoner) 17:03
Penalties — Torres Vcr (hooking) 1:46, Kesler Vcr (hooking) 9:55, Malhotra Vcr (delay of game) 10:27, Hansen Vcr (tripping) 12:22.
Third Period
5. Minnesota, M.Koivu 16 (Brunette, Burns) 4:32
6. Vancouver, Kesler 36 (Malhotra, Erhoff) 19:56 (en)
Penalties — Lapierre Vcr (goaltender interference) 14:27, Kesler Vcr (high-sticking) 17:50.
Shots

Minnesota	12	14	7	—35
Vancouver	12	3	7	—22

Goal — Minnesota: Backstrom (L,21-18-4); Vancouver: Luongo (W,33-13-7). **Power plays (goals-chances)** — Minnesota: 0-6; Vancouver: 2-2.
Referees — Eric Furlatt, Stephen Walkom.
Linesmen — Brad Lazarowich, Vaughan Rody.
Att. — 18,860 (18,860) at Vancouver.

LIGHTNING 6, MAPLE LEAFS 2

First Period
1. Tampa Bay, Thompson 8 (Purcell, Clark) 9:53
Penalties — Bergenheim TB, Kessel Tor (slashing) 3:41, Lundin TB (high-sticking) 6:23, Bergenheim TB (tripping), Grabovski Tor (unsportsmanlike conduct, diving) 7:27, Brewer TB (interference) 19:58.
Second Period
2. Toronto, Phaneuf 5 (Brent, Lupul) 5:12
3. Tampa Bay, Ritola 3 (Hall, Thompson) 9:25
4. Tampa Bay, Ritola 4 (Purcell, Clark) 12:34
5. Toronto, Kulemin 26, 14:37
6. Tampa Bay, Lecavalier 18 (Gagne, Purcell) 18:53
Penalty — Ohlund TB (delay of game) 15:18.
Third Period
7. Tampa Bay, Moore 13 (St. Louis, Stamkos) 8:27
8. Tampa Bay, Lundin 1 (Stamkos, St. Louis) 14:32
Penalties — None.
Shots

Tampa Bay	13	10	13	—36
Toronto	7	12	13	—32

Goal (shots-saves) — Tampa Bay: Roloson (W,20-22-3); Toronto: Reimer (L,13-7-4)(29-34), Giguere (8:27 third, 7-6). **Power plays (goals-chances)** — Tampa Bay: 0-0; Toronto: 0-3.
Referees — Mike Leggo, Don VanMassenhoven. **Linesmen** — Scott Cherrey, David Brisebois.
Att. — 19,410 (18,819) at Toronto.

SUNDAY

PENGUINS 5, OILERS 1

First Period
1. Pittsburgh, Kunitz 19 (Kennedy, Staal) 19:25
Penalties — Omark Edm (hooking) 9:14, Jones Edm (hooking) 11:31, Kovalev Pgh (holding stick) 16:37, Martin Pgh (cross-checking) 16:51.
Second Period
2. Pittsburgh, Talbot 8 (Dupuis, Lovejoy) 6:27
3. Pittsburgh, Staal 8 (Kennedy, Cooke) 18:56
Penalties — Kunitz Pgh (slashing) 8:09, Vandermeer Edm (cross-checking) 11:43, Strudwick Edm (interference) 16:44.
Third Period
4. Edmonton, Jones 16 (Cogliano, Giroux) 1:11
5. Pittsburgh, Michalek 2 (Adams, Talbot) 7:52
6. Pittsburgh, Kunitz 20 (Neal, Kennedy) 16:11 (pp)
Penalties — Petry Edm (tripping) 4:48, Fleury Pgh (delay of game; served by Rupp) 13:14, Brule Edm (charging) 14:56.
Shots

Edmonton	2	11	16	—29
Pittsburgh	13	10	10	—33

Goal — Edmonton: Dubnyk (L,10-11-7); Pittsburgh: Fleury (W,31-17-5). **Power plays (goals-chances)** — Edmonton: 0-4; Pittsburgh: 1-6.
Referees — Mike Leggo, Brad Watson.
Linesmen — Michel Cormier, Derek Nansen.
Att. — 18,197 (18,087) at Pittsburgh.

SABRES 6, SENATORS 4

First Period
1. Buffalo, Ennis 16 (Connolly, Sekera) 5:40
2. Ottawa, Spezza 14 (Karlsson, Gonchar) 8:52 (pp)
3. Buffalo, Vanek 25 (Gaustad, Weber) 12:26
4. Ottawa, Greening 2 (Winchester, Spezza) 18:16
Penalties — C.Butler Buf (interference) 8:36, Sekera Buf (charging) 19:41, Karlsson Ott (diving, unsportsmanlike conduct), C.Butler Buf (hooking) 19:56.
Second Period
5. Buffalo, Ennis 17 (Connolly, Weber) 1:37
6. Buffalo, Gaustad 10 (Mancari, Vanek) 2:10
7. Ottawa, Spezza 15, 9:39
8. Buffalo, Gerbe 9 (Weber, Pominville) 14:34
Penalties — Hecht Buf (hooking) 17:42, C.Butler Buf (cross-checking) 18:52.
Third Period
9. Buffalo, Boyes 16 (Pominville, Sekera) 8:16
10. Ottawa, Karlsson 12 (Spezza) 19:15
Penalty — Kuba Ott (hooking) 6:16.
Shots

Ottawa	16	13	9	—38
Buffalo	13	11	9	—33

Goal (shots-saves) — Ottawa: Anderson (17-13), McElhinney (L,7-10-1)(2:10 second)(16-14); Buffalo: Enroth (W,5-2-1). **Power plays (goals-chances)** — Ottawa: 1-4; Buffalo: 0-2.
Referees — Paul Devorski, Marcus Vinnerborg.
Linesmen — Brad Kovachik, Greg Devorski.
Att. — 18,690 (18,690) at Buffalo.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	38	52	90
Stamkos, TB	43	43	86
H.Sedin, Vcr	16	68	84
St. Louis, TB	26	57	83
Perry, Ana	36	39	75
Ovechkin, Wash	28	45	73
Toews, Chi	30	41	71
Kopitar, LA	24	46	70
Zetterberg, Det	18	51	69
Sharp, Chi	34	34	68
Iginla, Cal	30	37	67
Crosby, Pgh	32	34	66
B.Richards, Dal	25	40	65
Kesler, Vcr	36	28	64
C.Giroux, Pha	22	42	64
E.Staal, Car	29	34	63
Eriksson, Dal	23	40	63
Selanne, Ana	21	42	63
P.Kane, Chi	24	38	62

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1½
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3½
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	10	7	3	.700	121	109	—
Minnesota	9	5	4	.556	102	98	1½
Washington	11	5	6	.455	146	135	2½
Edmonton	10	2	8	.200	103	128	5
Colorado	9	1	8	.111	80	105	5½

Sunday's result
Calgary 17 Washington 13
WEEK 11
Saturday's game
All times Eastern
Edmonton at Calgary, 9:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Seattle	10	4	.714
Detroit	13	7	.650
Kansas City	10	6	.625
Texas	9	7	.563
Boston	10	8	.556
Baltimore	8	7	.533
Minnesota	9	8	.529
Toronto	8	8	.500
Los Angeles	8	10	.444
Oakland	7	10	.412
Tampa Bay	6	9	.400
Cleveland	6	9	.400
Chicago	6	10	.375
New York	6	11	.353

NATIONAL LEAGUE

	W	L	Pct
San Francisco	14	5	.737
Atlanta	11	5	.688
Colorado	12	6	.667
Milwaukee	11	6	.647
Philadelphia	12	7	.632
Washington	10	6	.625
Cincinnati	10	7	.588
St. Louis	8	7	.533
San Diego	8	8	.500
New York	8	9	.471
Chicago	8	11	.421
Pittsburgh	8	11	.421
Florida	5	11	.313
Houston	6	14	.300
Arizona	5	15	.250
Los Angeles	5	15	.250

NOTE: Split-squad games count in the standings; games against non-major league teams do not.
Yesterday's results
Texas 5 L.A. Dodgers 4
San Diego 7 Chicago White Sox 6
Minnesota 9, Florida 0
Baltimore 8, Pittsburgh 2
St. Louis 1, Atlanta 1, tie, 10 innings
Philadelphia 7, Houston 6
Colorado 3 Cincinnati 2
Seattle 5 Chicago Cubs 3
Milwaukee 12 San Francisco 8
Detroit 4, Washington 2
Cleveland 9 Oakland 8
Boston 2 N.Y. Yankees 1
Today's games
All times Eastern
Houston vs. Baltimore at Sarasota, Fla., 1:05 p.m.
Boston vs. Detroit at Lakeland, Fla., 1:05 p.m.
Philadelphia vs. Toronto at Dunedin, Fla., 1:05 p.m.
Florida vs. Tampa Bay at Port Charlotte, Fla., 1:05 p.m.
Atlanta vs. St. Louis at Jupiter, Fla., 1:05 p.m.
Colorado vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.
Chicago Cubs (ss) vs. Oakland (ss) at Phoenix, 4:05 p.m.
Oakland (ss) vs. K.C. at Surprise, Ariz., 4:05 p.m.
Milwaukee vs. Cleve. at Goodyear, Ariz., 4:05 p.m.
L.A. Angels vs. San Diego at Peoria, Ariz., 4:05 p.m.
Texas vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Wash. vs. NYM at Port St. Lucie, Fla., 7:10 p.m.
San Fran. vs. Arizona at Scottsdale, Ariz., 9:40 p.m.

CYCLING

TIRRENO-ADRIATICO

At Macerata, Italy
Sixth stage
1. Cadel Evans, Australia, BMC, four hours 37 minutes 58 seconds; 2. Giovanni Visconti, Italy, Farnese Vini, same time; 3. Michele Scarponi, Italy, Lampre, s.t.; 4. Vincenzo Nibali, Italy, Liquigas, s.t.; 5. Ivan Basso, Italy, Liquigas, s.t.; 6. Wouter Poels, Netherlands, Vacansoleil, s.t.; 7. Stefano Garzelli, Italy, Acqua & Sapone, s.t.; 8. Robert Gesink, Netherlands, Rabobank, s.t.; 9. Philippe Gilbert, Belgium, Omega Pharma-Lotto, s.t.; 10. Tiago Machado, Portugal, Radioshack, s.t.
Overall standings
(after six of seven stages)
1. Cadel Evans, Australia, BMC, 27 hours 26 minutes 33 seconds; 2. Michele Scarponi, Italy, Lampre, nine seconds behind; 3. Ivan Basso, Italy, Liquigas, 0:12; 4. Robert Gesink, Netherlands, Rabobank, 0:15; 5. Vincenzo Nibali, Italy, Liquigas, 0:21

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Boston	47	19	.712	½
y-Chicago	47	18	.723	—
x-Miami	47	21	.691	1½
Orlando	42	26	.618	6½
Atlanta	38	28	.576	9½
New York	34	31	.523	13
Philadelphia	34	34	.500	14½
Indiana	28	38	.424	19½
Charlotte	28	38	.424	19½
Milwaukee	26	39	.400	21
Detroit	23	44	.343	25
New Jersey	23	43	.348	24½
Toronto	18	48	.273	29½
Washington	16	50	.242	31½
Cleveland	12	53	.185	35

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	54	14	.794	—
Dallas	47	19	.712	6
d-L.A. Lakers	48	20	.706	6
d-Oklahoma City	44	23	.657	9½
Denver	41	27	.603	13
New Orleans	39	31	.557	16
Portland	37	29	.561	16
Memphis	38	31	.551	16½
Utah	36	33	.522	18½
Phoenix	33	33	.500	20
Houston	35	34	.507	19½
Golden State	30	38	.441	24
L.A. Clippers	26	43	.377	28½
Sacramento	17	49	.258	36
Minnesota	17	51	.250	37

d – division leader; **x** — clinched playoff berth; **y** — clinched division.
Last night's results
New Jersey 88 Boston 79
Oklahoma City 116 Washington 89
Memphis 105 L.A. Clippers 82
Denver 114 New Orleans 103
Miami 110 San Antonio 80
Houston 95 Phoenix 93
Utah 112 Philadelphia 107, OT
Sacramento 129 Golden State 119
L.A. Lakers 97 Orlando 84
Sunday's results
Charlotte 95 Toronto 90
Boston 87 Milwaukee 56
Golden State 100 Minnesota 77
Indiana 106 New York 93
Oklahoma City 95 Cleveland 75
Orlando 111 Phoenix 88
Tonight's games
All times Eastern
New York at Indiana, 7 p.m.
Milwaukee at Atlanta, 7 p.m.
Washington at Chicago, 8 p.m.
Dallas at Portland, 10 p.m.

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
x-New Zealand	5	4	0	1	0	8
x-Sri Lanka	5	3	1	1	1	7
x-Australia	4	3	0	0	1	7
Pakistan	4	3	0	1	0	6
Zimbabwe	4	1	0	3	0	2
Canada	**5**	**1**	**0**	**4**	**0**	**2**
Kenya	5	0	0	5	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	5	3	1	1	0	7
South Africa	4	3	0	1	0	6
West Indies	4	3	0	1	0	6
England	5	2	1	2	0	5
Bangladesh	4	2	0	2	0	4
Ireland	3	1	0	2	0	2
Netherlands	4	0	0	4	0	0

x — clinched berth in quarter-finals.
Yesterday's results
At Chittagong, India
Bangladesh vs. Netherlands
At Kandy (Pallekele), Sri Lanka
Pakistan vs. Zimbabwe
Sunday's results
At Mumbai, India
New Zealand (261 for nine) def. **Canada** (358-6) by 97 runs.
At Bangalore, India
Australia (324-6) def. Kenya (264-6) by 60 runs.

TENNIS

ATP-WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Sunday's result
Men's Singles — Second Round
Milos Raonic, Thornhill, Ont., def. Mardy Fish (13), U.S., 7-5, 6-4.
Yesterday's results
Men's Singles — Third Round
Rafael Nadal (1), Spain, def. Ryan Sweeting, U.S., 6-3, 6-1.
Philipp Kohlschreiber (32), Germany, def. Robin Soderling (4), Sweden, 7-6 (8), 6-4.
Albert Montanes (23), Spain,, def. Nicolas Almagro (11), Spain, 4-6, 6-2, 6-4.
Juan Martin del Potro, Argentina, def. Alexander Dolgopolov (20), Ukraine, 7-6 (3), 6-3.
Tommy Robredo (25), Spain, def. Donald Young, U.S., 6-0, 6-4.
Ivo Karlovic, Croatia, def. Gilles Simon (28), France, 6-3, 6-3.
Somdev Devvarman, India, def. Xavier Malisse, Belgium, 6-1, 3-6, 7-6 (5).
Men's Doubles — Second Round
Novak Djokovic and Viktor Troicki, Serbia, def. Lukasz Kubot, Poland, and Oliver Marach (7), Austria, 6-4, 4-6, 10-7.
Women's Singles — Third Round
Caroline Wozniacki (1), Denmark, def. Maria Jose Martinez Sanchez (28), Spain, 6-1, 6-3.
Victoria Azarenka (8), Belarus, def. Urszula Radwanska, Poland, 7-6 (3), 6-3.
Agnieszka Radwanska (9), Poland, def. Maria Kirilenko (24), Russia, 6-0, 2-6, 7-5.
Alisa Kleybanova (22), Russia, def. Flavia Pennetta (13), Italy, 6-3, 6-4.
Maria Sharapova (16), Russia, def. Aravane Rezai (20), France, 6-2, 6-2.
Nadia Petrova (18), Russia, def. Christina McHale, U.S., 3-6, 6-4, 6-2.
Peng Shuai, China, def. Lucie Hradecka, Czech Republic, 6-3, 4-6, 7-5.

ATP TOUR MONEY LEADERS

(all figures in U.S. dollars)

1. Novak Djokovic	$2,588,395
2. Andy Murray	$1,122,597
3. Roger Federer	$778,374
4. David Ferrer	$768,508
5. Robin Soderling	$674,090
6. Nicolas Almagro	$419,550
7. Andy Roddick	$400,562
8. Tomas Berdych	$389,489
9. Alexandr Dolgopolov	$355,899
10. Stanislas Wawrinka	$330,937
12. Milos Raonic	**$314,967**

GOLF

MEN'S WORLD RANKING

Through March 13

1. Martin Kaymer	GER	8.20
2. Lee Westwood	ENG	7.84
3. Luke Donald	ENG	6.73
4. Graeme McDowell	NIR	6.37
5. Tiger Woods	USA	6.14
6. Phil Mickelson	USA	5.99
7. Paul Casey	ENG	5.93
8. Rory McIlroy	NIR	5.63
9. Matt Kuchar	USA	5.37
10. Steve Stricker	USA	5.37
11. Dustin Johnson	USA	5.24
12. Jim Furyk	USA	4.97
13. Ernie Els	SAF	4.91
14. Ian Poulter	ENG	4.57
15. Nick Watney	USA	4.56
16. Francesco Molinari	ITA	4.53
17. Bubba Watson	USA	4.35
18. Hunter Mahan	USA	4.29
19. Retief Goosen	SAF	4.28
20. Robert Karlsson	SWE	4.19

SOCCER

PORTUGAL

LIGA

Yesterday's result
Leiria 0 FC Porto 2

SPAIN

LA LIGA

Yesterday's result
Getafe 2 Athletic Bilbao 2

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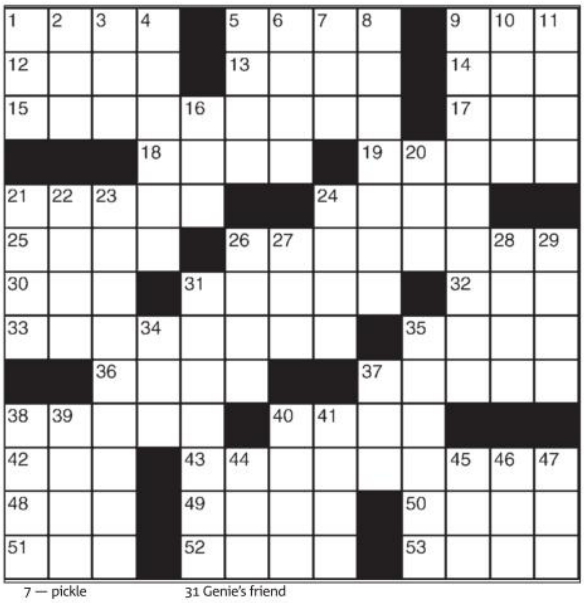
Crossword



Across

1 Mideast gulf
5 Coasted
9 — Na Na
12 Son of Jacob and Leah
13 Top-rated
14 Glutton
15 2010 ballet movie
17 "— Town"
18 Smooch
19 "Turandot," e.g.
21 Wan
24 Impale
25 String instrument
26 Urged
30 Mess up
31 19-Across solos
32 Atmosphere
33 Fidgety
35 Farm fraction
36 Historic times
37 Distorted
38 "— on a true story"
40 Johann Sebastian —
42 "Yecch!"
43 Topic that's over and done with
48 Pair
49 Grooving on
50 Autumn tool
51 Witness
52 Untouchable Eliot
53 Kuwaiti leader

Down

1 Priestly vestment
2 Atl. state
3 Gabor or Peron
4 Jefferson's on it
5 Lip
6 Depressions
7 — pickle
8 Means
9 One who gives you a shine
10 Day portion
11 Taj Mahal city
16 Relatives
20 Chum
21 State
22 Beget
23 Good luck symbol
24 Hot tubs
26 Enrages
27 Wrong (Pref.)
28 Limerick's land
29 Sketched
31 Genie's friend
34 Uno, due, —
35 On the beach
37 Interlaken interjection
38 Unopened flowers
39 Chills and fever
40 Belfry fliers
41 Commotions
44 Away from WSW
45 Aries
46 Tackle moguls
47 Always, in verse

▶ Weekend's answer

Sudoku

	4	1					5	
9					1		6	
6			9		3	1		
	1			3		7		5
3		8		6			2	
		9	1		5			4
	8		4					7
	2					5	9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

1	5	6	2	7	9	4	8	3
7	8	4	5	1	3	2	9	6
3	2	9	8	4	6	5	7	1
8	6	1	4	3	7	9	5	2
4	9	7	1	2	5	6	3	8
5	3	2	6	9	8	7	1	4
6	7	5	3	8	2	1	4	9
2	1	8	9	5	4	3	6	7
9	4	3	7	6	1	8	2	5

Send a KISS

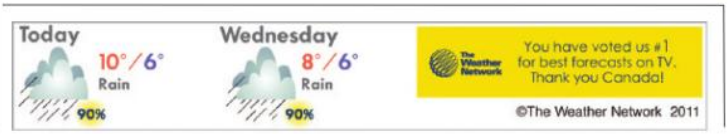
Show some love! Send a note to somebody special at kiss@metronews.ca

Honeybon, in anytime and in any date, here for you my Valentine today and the rest of the year too. Happy Not-Valentine Day babe. Love you much.
YOUR COCONUT (THE ORIGINAL 1)

Michelle M. I do love you. I think of you every day. **TIM**

Honey! Over the past year and a half, we have grown so close and I cant imagine being with anyone else. I Love you with my whole heart. And I love being A Squared **KISS KISS**

Mr. Mikhailovski; Morals and Responsibility. Loyalty and Family ties. Honour and Betrayal - You have showed me valuable life lessons and for this I love You.
MISS YAPP



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Take life as it comes today, and leave yourself plenty of time for social activities. Friends will pop by when you least expect them, so don't tie yourself down to too many things.

♉ Taurus April 21-May 21 With Venus, your ruler, aspecting career planet Saturn, you will be assertive today. You know what you want, you know how to get it and you won't let anything stand in your way.

♊ Gemini May 22-June 21 If you are the kind of Gemini who thinks about the meaning of life, you will discover something of interest over the next 24 hours. It may sound a bit wacky but don't dismiss it out of hand. There's wisdom there.

♋ Cancer June 22-July 22 Anxieties you thought you had dealt with will return in unexpected ways today and tomorrow. If you face up to them honestly, you'll find out why they have reappeared. Then they'll be gone for good.

♌ Leo July 23-Aug.23 You'll be faced with more than one situation today that challenges you to think about the way you deal with people with whom you live and work. What you need to learn is that compromise is a necessity.

♍ Virgo Aug. 24- Sept. 22 Cosmic activity in the area of your chart that governs your work and your wellbeing will make it easy for you to adapt to rapidly changing situations.

♎ Libra Sept. 23-Oct. 23 Venus, your ruler, makes an excellent aspect to Saturn in your sign today, and while it may not be true to say that anything is possible, most things undoubtedly will be. Be selective in your ambitions.

♏ Scorpio Oct. 24-Nov. 22 The most important thing today is that you resolve any differences of opinion you have with loved ones. You may disagree on minor issues but overall you are still on the same wavelength.

♐ Sagittarius Nov. 23-Dec. 21 Travel is on your mind and even if you can't get away right now, you'll be making plans for summer. Make plans for loved ones, too.

♑ Capricorn Dec. 22-Jan. 20 You have started many new things recently, but you need to decide which of your projects is worth continuing. The more focused your energy, the more successful you will be.

♒ Aquarius Jan. 21-Feb. 18 Venus in your sign makes a perfect angle to Saturn, planet of stability, today. One particular relationship is about to become more meaningful to you. Stop denying you were made for each other.

♓ Pisces Feb. 19-March 20 Your imagination will get the better of you today, and that's not a bad thing. You do some of your best work when you shut out the "real" world.
SALLY BROMPTON

Caption contest

ALESSANDRO DELLA BELLA/THE ASSOCIATED PRESS

ANDRES LEIGHTON/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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$1199 Add taxes & other fees: $182

JAMAICA via Toronto
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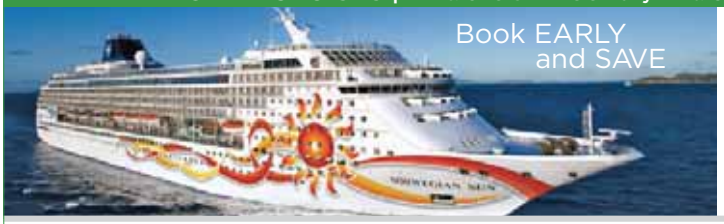

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Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. Rebates not available on any vehicle receiving CPA, GPC, Commercial Connection, Daily Rental Rebates, Commercial Upfit Program and Commercial Fleet Incentive Program (CFIP). Limited time offer, see dealer for details or call Ford Customer Relationship Centre at 1-800-565-3673. © 2011 Ford Motor Company of Canada, Limited. All rights reserved. †Estimated fuel consumption ratings for 2011 Escape FWD 2.5L I4 5-Speed Manual/2011 Escape FWD 2.5L I4 6-Speed Automatic/2011 Fiesta 1.6L I4 5-Speed Manual/2011 Fusion 1 FWD 2.5L I4 6-Speed Manual/2011 Focus Sedan 2.0L I4 5-Speed Manual. Fuel consumption ratings based on Transport Canada approved test methods and competitive information available at the time of posting. Actual fuel consumption may vary based on road conditions, vehicle loading, and driving habits. #Based on R.L. Polk Canada, Inc. vehicle registrations data, YTD December 2010. Class is small utility. Class is intermediate sized cars.